

ALL PRICES USD • WHILE SUPPLIES LAST!



# June

## DELIVERY SPECIALS



### June Specials Pack

**30% OFF**

Blackberries, Raspberries, Strawberries, Onion Slices, Red Bell Peppers, Instant Milk, Shredded Beef

~~\$167.33~~ **\$117.13**

All pack contents are pantry cans.

**25% OFF**

**Blackberries**

Family Size: ~~\$58.99~~ \$44.24  
Case: ~~\$335.99~~ \$251.99

Pantry Can: ~~\$22.99~~ \$17.24  
10-Pack: ~~\$218.49~~ \$163.87

FD GF NG

**25% OFF**

**Raspberries**

Family Size: ~~\$54.19~~ \$40.64  
Case: ~~\$308.49~~ \$231.37

Pantry Can: ~~\$21.29~~ \$15.97  
10-Pack: ~~\$202.29~~ \$151.72

FD GF NG

**20% OFF**

**Strawberry Slices**

Family Size: ~~\$45.79~~ \$36.63  
Case: ~~\$260.89~~ \$208.71

Pantry Can: ~~\$18.99~~ \$15.19  
10-Pack: ~~\$179.89~~ \$143.91

FD GF NG

**20% OFF**

**Onion Slices**

Family Size: ~~\$41.79~~ \$33.43  
Case: ~~\$237.99~~ \$190.39

Pantry Can: ~~\$16.59~~ \$13.27  
10-Pack: ~~\$157.59~~ \$126.07

FD GF NG

**20% OFF**

**Red Bell Peppers**

Family Size: ~~\$55.79~~ \$44.63  
Case: ~~\$317.89~~ \$254.31

Pantry Can: ~~\$23.39~~ \$18.71  
10-Pack: ~~\$222.39~~ \$177.91

FD GF NG

**20% OFF**

**Instant Milk**

Family Size: ~~\$32.19~~ \$25.75  
Case: ~~\$183.59~~ \$146.87

Pantry Can: ~~\$15.59~~ \$12.47  
10-Pack: ~~\$147.59~~ \$118.07

GF NG

**20% OFF**

**Shredded Beef**

Family Size: ~~\$107.19~~ \$85.75  
Case: ~~\$606.89~~ \$485.51

Pantry Can: ~~\$48.49~~ \$38.79  
10-Pack: ~~\$394.49~~ \$315.59

FD GF NG

What's for dinner? Check out our recipes and tips on the back!



Shredded Beef Sandwich



Easy Thrive Berry Cobbler



### Give 5 with Thrive

Thrive Life donates 5% of all Thrive profits to the Thriving Nations Charity. Learn more at [www.thrivelife.com/thrivingnations](http://www.thrivelife.com/thrivingnations)

Contact me for Best Prices!

NAME: **Matt and Melody Bumgardner**  
delivery sign up and order @  
**mattandmelody.thrivelife.com**  
**919-272-4756 and 919-395-6658 text or voicemail**

FD Freeze Dried, GF Nutrilock, GF Gluten-Free Certified, NG Non-GMO.

\*Free shipping on delivery service orders over \$99. 5% shipping in Alaska, Hawaii & Puerto Rico. Discounts on monthly special items are available only on delivery orders. One-time orders pay retail price. Sale ends 6/30/2022. All seasonal and sale items are available while supplies last.

Thrive Life's freeze dried foods are the freshest on the market and long-lasting, meaning you'll never have to throw away another moldy onion or mushy strawberry! The unopened shelf life for all our fruits, veggies, dairy and meats is 25 years. For specific information, visit our product pages at [thrivelife.com](http://thrivelife.com).

# Shredded Beef Sandwich

**Total Time:** 15 min.

**Yield:** 4-6 servings

## INGREDIENTS:

**2 Cups Thrive Life Shredded Beef**

**1 Cup Thrive Life Onion Slices**

**1 Cup Thrive Red Bell Peppers**

**1 Cup beef broth\***

**12cup water**

**1/8 Cup soy Sauce**

**14Cup tomato paste\***

**2 Tbsp. minced garlic\***

**4-6 french bread rolls, split and warmed**

**4-6 slices of cheddar cheese**

*\*Thrive Life Vegetarian Chicken Bouillon, Tomato Powder, and Garlic make great substitutions.*



## INSTRUCTIONS:

In a medium sauce pan, combine shredded beef, onions, red bell peppers, beef broth, tomato paste, soy sauce, and garlic. Simmer for 10 minutes or until liquid is reduced, Spoon on rolls and top with cheese.

# Easy Thrive Berry Cobbler

**Total Time:** 35 min.

**Yield:** 6-8 servings

## INGREDIENTS:

### FILLING

**12cup Thrive Life Raspberries**

**12cup Thrive Life Blackberries**

**12cup Thrive Life Strawberry Slices**

**2 Tbsp. granulated sugar**

**1 tsp. lemon zest**

**2 Tbsp. water**

**1 tsp. fresh lemon juice**

**1/4 tsp. salt**

### COBBLER

**12cup milk**

**1 Tbsp lemon juice**

**3 Tbsp unsalted butter**

**12cup granulated sugar**

**34cup all purpose flour**

**1 14tsp baking powder**

## INSTRUCTIONS:

1. Pre-heat oven to 375 F.
2. Toss berries with sugar, lemon zest, lemon juice and salt. Set aside.
3. In a small bowl, mix milk and lemon juice together and set aside.



4. In a medium bowl, whisk together sugar, flour, and baking powder. Add the milk mixture and whisk together quickly.
5. In a small container, melt butter, and pour it into the batter and whisk together. Pour batter into a greased 8x8 pan and spread evenly. Spoon berries evenly on the top of the batter, leaving 1/2 inch edge around the sides.
6. Bake for 30 minutes. Let the cobbler cool slightly and serve with ice cream.

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